THEATER: 'MAMMA MIA!' HERE WE GO AGAIN

ONE LOCAL STUDENT GOES BIG WITH THE ABBA MUSICAL. PAGE 16

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Monday, February 24, 2014 www.metro.us | t: MetroPhilly | f: MetroPhilly

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Local LGBT activist leaves her legacy
PAGE 02

How to curb the 'girly thoughts' in your head
PAGE 17

Prep your résumé for Web searches
PAGE 22

Students get to storm Oscars
PAGE 20

It's finally here. Grapefruit League games begin Wednesday when the Phillies take on the Blue Jays.

Spring in their steps. Chase Utley and Ryan Howard must stay healthy and resemble their past selves if the Phillies hope to have a potent offense in 2014. PAGES 24-27

Phillies in bloom

LOOKING FOR A LAWYER?
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Outspoken transgender leader broke barriers

In Jaci's name. A memorial for the flamboyant and dedicated LGBT leader will be held in March.

Jaci Adams had your back.

Jaci (pronounced Jackie) Adams, an outspoken and animated transgender woman, had seen it all: She was an abused youth-turned-thug, druggie, hooker and jailbird. But when she got out, "she used all her education from all that to help people so they wouldn't wind up the same way," said Franny Price, executive director of Philly Pride Presents.

"It's amazing when you think of this person and how she did this complete turnaround in her life," Price said. "She didn't use it to feel sorry for herself; she used it to make people aware."

Adams had an uncanny ability to sense your insecurities or fear and would simply point and wink.

"Don't worry," she'd say, "I got your back."

Adams, who lived in West Philadelphia and was an active leader in the city's LGBT community, died from cancer on Feb. 15. She was 56.

Memorial services for Adams will be held on Friday, March 21, at 5:30 p.m. at The Church of St. Luke and The Epiphany at 330 S. 13th Street.

Adams, who was born in West Virginia but moved to Philadelphia when she was a child, was known for her ability to communicate with everyone.

Jaci Adams / FACEBOOK

"Knowing that you came from the street, knowing that you're not white collar, and yet ... you can command that type of respect that when you talked, people listen, is a gift," Price said.

Ronda B. Goldfein, executive director of the AIDS Law Project of Pennsylvania, knew Adams as a volunteer with the public-interest law firm, as well as an activist. She called her self-aware and courageous.

"Think about it," Goldfein said. "Who among us can look deep into our souls, find whatever absolute truth there is, and make that your life. And not only make it your life, but make it your life's work to help other people to do the same thing."

Price called Adams, who carried the AIDS virus, a light. "You know she really cared and she wasn't bulls—ing you."

Price said she'll often look up. "I know Jaci's up there. And I know she's got my back. If there is any spirit that can do anything for you, I know that Jaci's got my back."

Quoted

"I think when you talk legacy, it's about ... things that you've touched that down the line will make somebody's life better, and your fingerprints are all over it, but that person never knows it was you." Goldfein, on Adams' legacy

TOMMY ROWAN
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A new wave of Venezuelan protests

Demonstrators shouted slogans and waved Venezuelan flags at a protest in Center City on Saturday to show support for the student protests that are going on across Venezuela.

CHARLES MOSTOLLER, METRO

Minus two. More priests permanently removed from ministry

Two more priests — Rev. James J. Collins and Rev. John P. Paul — were permanently removed from ministry, Archbishop Charles J. Chaput announced Sunday.

Accusations that both priests — well-traveled across the city and recently Northeast Philadelphia-based — sexually abused 17-year-olds decades ago were substantiated.

Paul, 67, who served at Our Lady of Calvary, was suspended in December days after he announced his retirement. He was allowed to continue practicing for nearly a year before he was taken out of commission.

Collins, 75, who previously worked as a professor at Holy Family University, was placed on administrative leave after allegations surfaced last May.

The archdiocese suspended 26 priests in 2011 while investigators looked into the results of a Philadelphia Grand Jury report that revealed many cases of sexual misconduct.

Since May 2012, more than half have been permanently removed. METRO

Temple

Student hit by stray bullet

A 21-year-old Temple University student was struck by a bullet that strayed from an off-campus gunfight early Sunday, police said.

After a shots rang out around 2 a.m. at a night club at 17th Street and Cecil B. Moore Avenue, a stray bullet grazed the student's abdomen a few blocks away. He was treated and released from Hahnemann University Hospital. METRO

1 NEWS

Top 3

What's trending at Metro.us

1 'VIDEO: Kids re-enact Oscar-nominated movies'

2 'VIDEO: Cincinnati traffic reporter Bob Herzog sings parody of Disney song "Let It Go"'

3 'VIDEO: Jim Gaffigan predicted the Hot Pockets meltdown'

Local tweet

"everyone please take the time to cherish this weather, cause it ain't gonna last"

Too late, @maryhadalil_SAM

ATTENTION MEN WHO WERE PRESCRIBED TESTOSTERONE

STUDIES INDICATE INCREASED RISK OF: STROKE • HEART ATTACK • DEATH

NEWS ALERT

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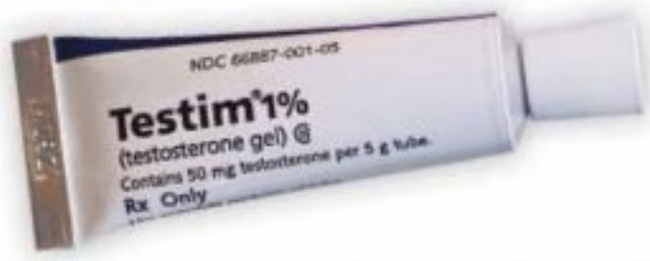
Despite these alarming studies, men using testosterone therapy weren't warned of its potential dangers.

In response to the studies, the FDA has launched an investigation into testosterone therapy products and their reported association with life-threatening cardiovascular events.

If you believe that you or a loved one have been injured as a result of prescription testosterone therapy, contact us to recover full compensation for your injuries.



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GOVERNMENT FAILS ON LIQUOR STORE PRIVATIZATION

Gov. Tom Corbett said during his budget address earlier in the month that he wanted this year to be the "last call" on state-owned liquor stores. But to date, the Pennsylvania Legislature is unwilling to act, mainly because of poor strategy on the governor's part.

Corbett's plan estimated the state would have gained about $600 million to $1 billion from privatization. He said the state also loses about $80 million a year because Pennsylvanians buy from nearby states like New Jersey, Delaware and Maryland.

Overall, in the 2011-12 fiscal year, state-owned stores brought in a profit of $80 million. In total, the taxes and profits combined accounted for around $500 million for the state, about the same as the previous year. So, as you can see, the state-owned stores are not in the red like so many other government-run enterprises.

There are 600 stores run by the state and an online website that monopolizes liquor sales, and they employee more than 3,000 state workers, mostly sales clerks. In late January, the Pennsylvania Liquor Control Board opened one of its newest stores in Philadelphia, a 6,000-square-foot store at Bakers Centre 3413 Fox St., which replaced one previously located at 3414 Ridge Ave.

Pennsylvania is only one of 17 states that still controls some portion of liquor sales. It's an antiquated idea that other states appear to be moving away from. So why isn't Pennsylvania? It's mainly because of a lack of leadership and poor strategy on part of the governor, and because of a Democratic party that is stonewalling Corbett in an election year.

A similar proposal for liquor store privatizations failed last year. If this had been a Democratic governor's proposal, a deal would have already been made. If it fails again, this would be the second main privatization push of his to be set aside by the Legislature, as Corbett's plan to privatize the state lottery failed recently.

The idea to privatize liquor stores is not a bad one. Pennsylvanians would most likely see a decrease in costs and have easier access to stores. And if we cross the state border to buy liquor, we can be fined. The law treats us like criminals and not like customers.

Corbett should have made an offer that sounded like this: People who buy state-owned liquor stores would have to agree to keep state employees on the payroll. This would have gone over better with Democrats and United Food and Commercial Workers unions who have been opposed to the idea mainly for this reason. Instead, he made a fiscal argument, that although is perfectly reasonable, did not address Democrats' concerns.

Pennsylvanians largely approve of privatization, which they don't see as a dirty word but just plain old business as usual. If the Legislature can't agree on privatization, at the very least they should get rid of the fine for bringing liquor across the state border.

Independent Insight

MATTHEW M. TURNER

MATTHEW M. TURNER IS A COLUMNIST FOR METRO PHILADELPHIA. HIS OPINIONS ARE HIS OWN. YOU CAN REACH HIM AT MATTHEWMTURNER@HOTMAIL.COM.

Quoted

Nobody likes driving across town to buy a bottle of liquor that should be on the nearest street corner.

New Jersey

Christie will present budget Tuesday

New Jersey Gov. Chris Christie will introduce his fifth budget on Tuesday under political and economic clouds that could hamper support for any new policy proposals.

The fiscal challenges were many even before Christie's political troubles began. The state must make a $2.3 billion payment to its underfunded pension system in fiscal 2015.

Political pressures are likely to loom large too, with Christie and his administration facing allegations they use bullying tactics and retribution. Christie has vehemently denied advanced knowledge of lane closures that led to four days of gridlock on a bridge to New York.

"It's a question of whether he wants to set up a fight to change the conversation or just keep the noise level down," said Matthew Hale, an associate professor of public administration at Seton Hall University. REUTERS

By the numbers

$400M

Revenues could fall short of projections by at least $400 million because of New Jersey's slow economic recovery.

Nutter: Health care key for black Americans

No vitriol. The mayor says media coverage has made the black population wary of Obamacare.

Mayor Michael Nutter joined the mayors of Sacramento and Memphis, and White House senior adviser Valerie Jarrett, to discuss efforts within those cities at getting members of the black American community on health insurance through the government exchange.

"The Affordable Care Act clearly is doing something quite incredible — it's ensuring that millions of uninsured Americans have access to health care," Mayor Nutter said. "Right here in our great city that means more than 210,000 uninsured people will be able to buy affordable health care plans. … Across Pennsylvania, that's more than a million."

Nutter said that he has worked with city departments, city council members and Enroll America to bolster the city's efforts to encourage citizens to sign up and to provide information about the new law.

Nutter also noted that health care is particularly important for black Americans as the city health department has found that half of Philadelphia's black Americans have hypertension or high blood pressure. Meanwhile, individuals of all races have increasing rates of conditions like diabetes and asthma, he said.

Nutter acknowledged that under Gov. Tom Corbett's plan "Healthy Pennsylvania," Medicaid funding will not be as expansive as called for under Obamacare.

When asked whether the black American community has been resistant to signing up for Obamacare, Nutter was critical of partisan opposition and media coverage as making citizens more wary of Obamacare.

"You can't deny the impact of the intensity of the vitriol in the debate around moving toward the ACA, all the politics and strategy and tactics that were utilized," Nutter said.

Open enrollment into government health care exchanges will end March 31. At that point, the uninsured will be subject to a new tax, and enrollment in the government exchanges will not be available again until October.

By the numbers

390K
Number of black American women who will gain maternity coverage

4.5M
Number of elderly black Americans will have access to health care

10.4M
Number of black Americans who will have longer lifetime limits

Quoted

"How do you fight against people getting affordable health care? I've never understood that, but apparently some people engage in those kinds of tactics."
Nutter

SAM NEWHOUSE
sam.newhouse@metro.us

Capturing the descent just plane fun

Judd Smith and Steven Holzinger watch and photograph planes landing at Philadelphia International Airport on Sunday. / CHARLES MOSTOLLER, METRO

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Jobs push

Obama to unveil manufacturing institutes

President Barack Obama on Tuesday will announce two new manufacturing institutes aimed at attracting and nurturing businesses that will hire workers for highly paid jobs in the U.S. a White House official said.

One institute, to be located in Detroit, will focus on lightweight and modern metals. The other, in Chicago, will concentrate on digital manufacturing and design technologies, the official said. REUTERS

Government money

$140M

The Department of Defense will lead the effort with $140 million in government money. The president is due to make the announcement Tuesday, the official said.

Vermont

Maria von Trapp of 'Sound of Music' fame dead at 99

Maria von Trapp, a member of the Austrian family whose escape from Nazi Germany and subsequent musical career inspired the famed musical "The Sound of Music," has died at the age of 99, according to a relative.

Von Trapp died Tuesday, but the news was confirmed Saturday by her half-brother Johannes von Trapp, according to the New York Daily News. Von Trapp died of natural causes at her home in Vermont, the paper reported.

No one was immediately available to comment at the Trapp Family Lodge in Stowe, Vt., or at the original family home, Villa Trapp, in Austria. REUTERS

Governors to urge Obama not to downsize National Guard

State executives. Many governors are in Washington this week for a national conference.

The National Guard carry out an emergency evacuation from flooding brought on by Superstorm Sandy in Hoboken, N.J. / GETTY IMAGES

Governors from both U.S. political parties plan to talk to President Barack Obama today about preventing potential cuts to National Guard units, several governors said on Sunday.

"In downsizing the military, we want to make sure that reserve and National Guard is protected in our country," Connecticut Gov. Dannel Malloy said on CNN's "State of the Union."

"I'm going to have that discussion with the president tomorrow," Malloy, a Democrat, said.

Several appeared on Sunday morning talk shows to talk about potential cuts to the National Guard, a reserve force that is part of the Army but serves state governments often at times of crisis, such as during floods or after hurricanes.

Quoted

"We cannot shrink that force the way that is being proposed out of the Defense Department." Malloy

The budget deal Congress reached in December blunted the effect of the across-the-board cuts that had been expected to hit military programs, but the agencies are still expected to reduce spending.

Another governor, Republican Scott Walker of Wisconsin, echoed Malloy's comments on "Fox News Sunday."

"We're going to talk about the National Guard," Walker said when asked what he planned to discuss with the president.

"I think there is common agreement among all 50 governors that we shouldn't go back to pre-9/11 standards when it comes to the National Guard," he said. REUTERS

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World shaking. Miami marks 50 years since Ali's boxing match

Fifty years ago, an upstart American boxer who later became known as Muhammad Ali "shook the world" when he dethroned Sonny Liston to claim the heavyweight championship of the world in Miami Beach.

That victory on Feb. 25, 1964, was the last time Cassius Clay fought under his real name, announcing after that he was joining the religious black power movement, the Nation of Islam, and changing his name to Muhammad Ali.

The bout that ended when Liston threw in the towel launched Ali to international fame, giving him the stage to successfully protest everything from racial segregation to the Vietnam War. REUTERS

Cheap chatting

Mozilla, Spreadtrum introduce $25 phone in Spain

Mozilla Corp., developer of the Firefox browser and operating system, said it has cracked the smartphone price barrier with the help of Spreadtrum Communications Inc., unveiling a $25 prototype.

Jay Sullivan, Mozilla's chief operating officer, introduced the ultra-cheap "reference device," made with low-cost wireless components in partnership with chipmaker Spreadtrum, at a press event at the Mobile World Congress in Barcelona Sunday. BLOOMBERG

Sun-dimming volcanoes partly explain global warming hiatus: Study

A villager stands amid ash and debris caused by the Mount Merapi volcanic eruption in the Indonesian village of Cangkringan on Nov. 14, 2010. / GETTY IMAGES

Cooled climate. Eruptions account for up to 15 percent of the difference between predicted and observed warming.

Small volcanic eruptions help explain a hiatus in global warming this century by dimming sunlight and offsetting a rise in emissions of heat-trapping gases to record highs, a study showed on Sunday.

The pace of rising world surface temperatures has slowed since an exceptionally warm 1998, heartening those who doubt that an urgent, trillion-dollar shift to renewable energies from fossil fuels is needed to counter global warming.

Explaining the hiatus could bolster support for a U.N. climate deal, due to be agreed by almost 200 governments at a summit in Paris in late 2015, to avert ever more floods, droughts, heat waves and rising sea levels.

"This is a complex detective story," said Benjamin Santer of the Lawrence Livermore National Laboratory in California, lead author of the study. REUTERS

Volcanoes

17

Eruptions of at least 17 volcanoes since 2000 ejected sulfur whose sun-blocking effect had been largely ignored until now by scientists, the study said.

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Ukraine leader points west as US warns Russia

Europe offers help. EU officials offered financial aid to a new government.

Ukraine's new interim president pledged to put the country back on course for European integration now that Moscow-backed Viktor Yanukovich has been ousted, while the United States warned Russia against sending in its forces.

As rival neighbors east and west of the former Soviet republic said a power vacuum in Kiev must not lead to the country breaking apart, acting president Oleksander Turchinov said on Sunday that Ukraine's new leadership wanted relations with Russia on a "new, equal and good-neighborly footing that recognizes and takes into account Ukraine's European choice."

A day after Yanukovich fled to the Russian-speaking east following dozens of deaths during street protests aimed at toppling him, parliament named new speaker Turchinov as interim head of state.

An ally of the ousted leader's long-jailed rival Yulia Tymoshenko, he aims to swear in a government by Tuesday that can provide authority until a presidential election on May 25.

With battle-hardened, pro-Western protesters in control of central Kiev and determined to hold their leaders accountable, lawmakers rushed through decisions to cement their power, display their rejection of rampant corruption and punish officials who ordered police to fire on Independence Square. REUTERS

Huge challenge

Whoever takes charge as interim prime minister faces a challenge to satisfy popular expectations and will find an economy in deep crisis, even if the EU makes good on offers of aid that may help make up for loans that Russia has frozen.

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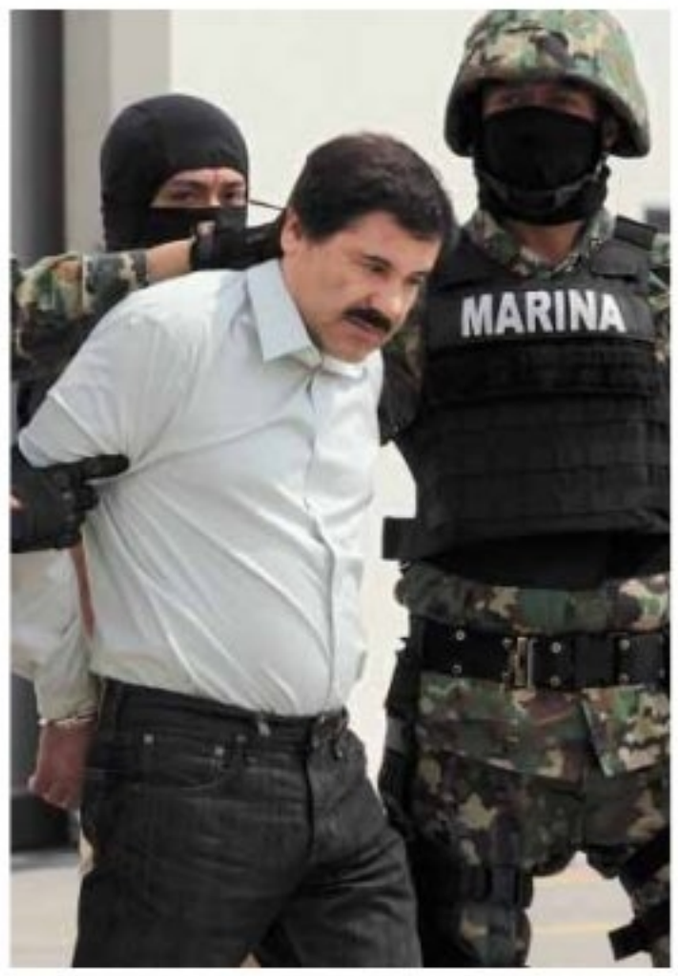

US to seek extradition of Mexican drug kingpin

U.S. prosecutors plan to seek the extradition of Mexico's most wanted man, alleged drug cartel kingpin Joaquin "Shorty" Guzman, to face trial in the United States after he was captured in Mexico. Robert Nardoza, a spokesman for the U.S. Attorney's office, said on Sunday his office would request Guzman's extradition to face a variety of charges. Guzman, caught on Saturday in Mexico with help from U.S. security forces, had long run Mexico's infamous Sinaloa Cartel. His capture marks a major victory in the fight against drug gangs in Mexico, officials said. REUTERS / GETTY IMAGES

Unrest in Caracas

Venezuela opposition agrees to talks

Venezuela's opposition agreed to meet tomorrow with President Nicolas Maduro as anti-government protesters and security forces clashed in Caracas for an 11th straight night.

Governor Henrique Capriles, standing alongside the wife of jailed opposition leader Leopoldo Lopez, said at a rally Saturday he would agree to hold talks with Maduro at the presidential palace on Feb. 24. The two-time presidential hopeful two days prior said he wouldn't be forced into dialog after Maduro warned there would be legal consequences to missing the meeting. BLOOMBERG

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Responses from our Health Specialists

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An Important Message from Psychologist Lisa Well

In a recent survey concerning penis size, 77% of women surveyed reported greater pleasure and sexual satisfaction from a larger penis, but there are other reasons women search for well-endowed men. In a women's subconscious, the size of a man's penis is representative of his masculinity-meaning, on a more primitive, base level-his ability to provide, protect and to be more fertile partner.

2 CULTURE

Twitter feed

Today, Roseanne Barr has some parenting tips, Ian McKellan has popular friends and Tyra Banks is paralyzed by indecision.

@TheRealRoseanne
If u go in public please mind ur brat offspring-no one likes them but u

@IanMcKellan
Congratulations to my friend @SirPatStew who has crossed over one million people following him on @twitter!

@tyrabanks
Red lips or smoky eye?

'12 Years a Slave' and 'Lee Daniels' The Butler' win big at NAACP

KERRY WASHINGTON

It was a big Saturday night for "12 Years a Slave" and "Lee Daniels' The Butler" at the NAACP Image Awards, which honors top achievements by African Americans in the entertainment industry. "12 Years a Slave" won for best picture while Lupita Nyong'o won for best supporting actress in the film. Forest Whitaker picked up a statue for best actor for "Lee Daniels' The Butler" and David Oyelowo won best supporting actor for his portrayal of his son. Kerry Washington, sporting a big baby bump, took home the award for best actress in a television drama for "Scandal," with LL Cool J winning best actor for "NCIS: Los Angeles."

But everyone was a winner on the red carpet (and by "everyone," we mean Idris Elba — hubba). Below, we've highlighted some of the best looks of the night.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
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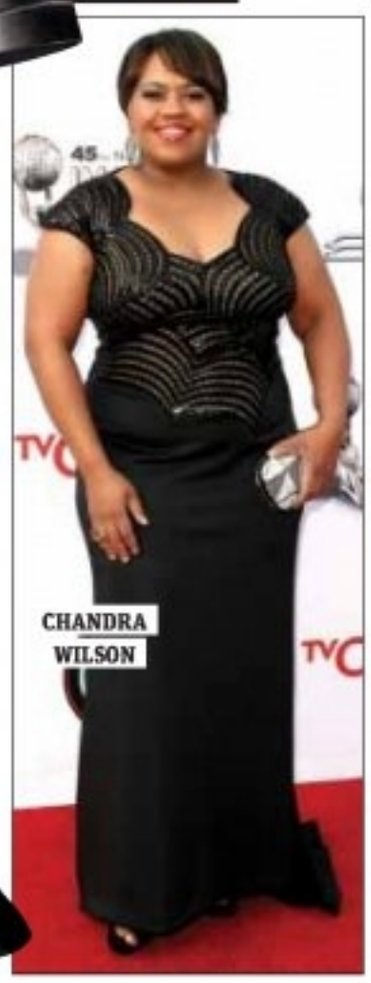
The red carpet



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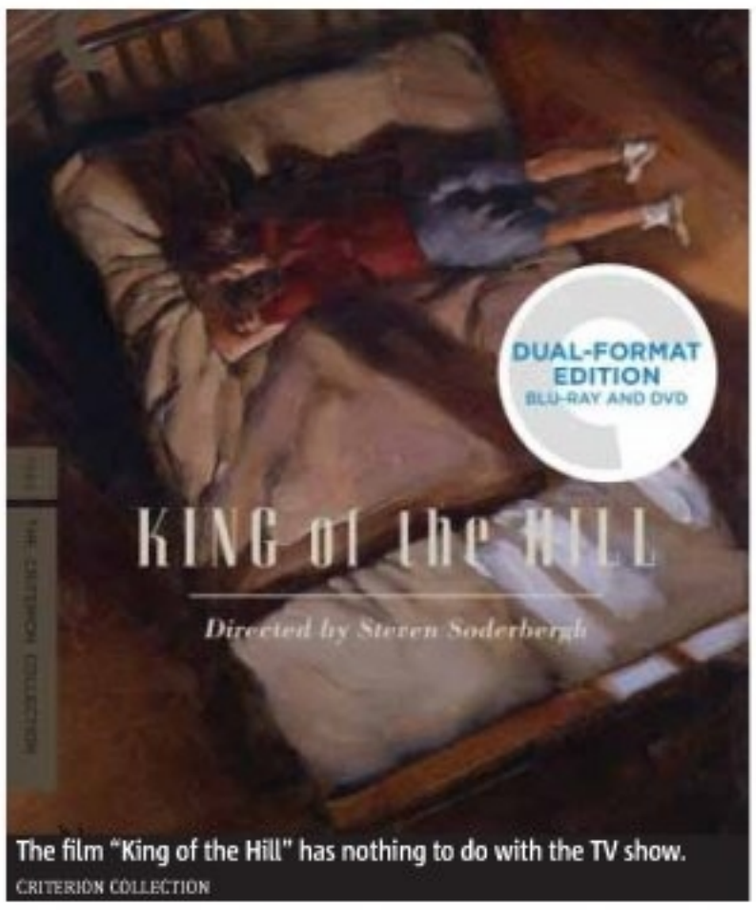
A MISSING SODERBERGH FILM FINALLY GOES DIGITAL



The film "King of the Hill" has nothing to do with the TV show.
CRITERION COLLECTION

In the interviews included in the new set for his 1993 drama "King of the Hill," Steven Soderbergh is a bit down on both that film and his follow-up, "The Underneath." (The latter, oddly, is included as a glorified "special feature.") For him both films are stiff and overly formalist — failures, at least commercially, that convinced him to briefly abandon Hollywood and start from scratch. Whether you agree with him or not, it seems to have worked: He returned refreshed, and embarked on one of cinema's most fruitful runs.

"King of the Hill" — which has nothing to do with propane tanks — has long been one of the most inexplicable titles MIA from home video, having never even made it to DVD. Based on A.E. Hotchner's memoir, it tells of Aaron (Jesse Bradford), a smart tween trying to survive in 1933 St. Louis. He finds his self-reliance put to the test when he's abandoned, forced to survive in his family's run-down hotel home without any money or food.

Soderbergh complains about the warm colors, saying if he did it again he'd make it rougher, more real. But the lack of grit is what gives "King of the Hill" its unusual power. Apart from looking like no other film about the Depression, it moves in lockstep with its hero, who goes delusional as he refuses to let circumstances destroy him. The style might not fit Soderbergh, but it fits the material. Soderbergh may not be crazy about the picture, but you should never listen to filmmakers about their own work.

Floating in space

'Gravity'

Everyone told you to see Alfonso Cuaron's space saga in IMAX, and you didn't listen, and now you're forced to judge it mostly on content. Fortunately, it's still mesmerizing even when viewed on a tiny box.

Also out

'Thor: The Dark World'

Chris Hemsworth's Norse beefcake is back for adventures we completely and utterly forgot since we saw it four months ago. A bunch of diverting stuff happens and apparently it was half-fun.

'Breathless'

Jean-Luc Godard's landmark debut — one of five or so of the most important films ever made, historically speaking — gets a sparkling high-def transfer that hopefully doesn't make the guerilla-made film look too clean.

'Blue Is the Warmest Color'

We know many people are going to watch this French relationship drama because of the sex, but trust us: The articles are good too, if you catch our meaning.

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Box office. Sorry, Kevin Costner, but everyone in America keeps seeing 'The Lego Movie'

See more at www.metro.us

Once again it's great news for Liam Neeson's Good Cop in "The Lego Movie." / WARNER BROS. PICTURE

"The Lego Movie," an animated film that depicts a world based on the colorful toy blocks, collected $31.5 million to lead U.S. and Canadian box office charts for a third consecutive weekend.

The new Kevin Costner spy thriller "3 Days to Kill" was a distant second after pulling in $12.3 million for the period from Friday to Sunday.

The big-budget disaster movie "Pompeii" generated ticket sales of $10 million in its first week in theaters to claim the No. 3 spot.

"RoboCop," a remake of Paul Verhoeven's 1987 science fiction film about a part-man, part-cyborg crime fighter, was fourth with sales of $9.4 million, according to studio estimates provided by box office tracking firm Rentrak. In two weeks it's pulled in $43.6 million against a $100 million budget.

Since opening on Feb. 7, "Lego" has been leading the box office and has taken in a total of $183.2 million domestically, according to Rentrak.

"'Lego' is significantly over-performing our wildest expectations," said Jeff Goldstein, executive vice president for theatrical distribution at Warner Brothers, which distributed the movie. The studio already announced a "Lego" sequel, which it plans to release Memorial Day weekend in 2017.

"Pompeii," which was made for $100 million, is set in 79 A.D. and stars Kit Harington from "Game of Thrones." The movie tells the story of a slave turned gladiator who attempts to rescue the woman he loves when Mount Vesuvius erupts. The opening fell short of the forecast by its U.S. distributor Sony of sales between $12 million and $15 million.

"3 Days to Kill," written by French action film director Luc Besson, and starring Costner as an over-the-hill spy trying to connect with his estranged daughter, cost only $28 million to make.

Rounding out the top five, "Monuments Men," directed by and starring George Clooney and based on the true story of U.S. soldiers who rescued art masterpieces from Nazi thieves, took in $8.1 million. REUTERS

Top 5 earners

1. 'The Lego Movie' $31.5 million
2. '3 Days to Kill' $12.3 million
3. 'Pompeii' $10 million
4. 'RoboCop' $9.4 million
5. 'The Monuments Men' $8.1 million

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TV watch list

COMEDY

'Late Night with Seth Meyers'

Former "SNL" star Seth Meyers will take over Jimmy Fallon's "Late Night" spot, and he's doing it in grand style, with first guests Vice President Joe Biden and Amy Poehler. The band A Great Big World will perform. **SERIES PREMIERE, 12:36 A.M., NBC**

Seth Meyers begins his late-night gig tonight. / RODOLFO MARTINEZ, NBC

COMEDY

'How I Met Your Mother'

Barney is suffering from a horrific hangover. The friends try to concoct a hangover-fixer elixir, but finding the odd ingredients proves to be a challenge. **8 P.M., CBS**

REALITY

'The Voice'

Season 6 of the singing competition premieres with the blind auditions. Shakira and Usher are back, filling in for Christina Aguilera and Cee Lo Green. **8 P.M., NBC**

REALITY

'The Bachelor'

Juan Pablo visits his dates' hometowns to meet their families. Things get intense when one relative gets confrontational. **8 P.M., ABC**

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UArts grad Kyle Dupree, inset, joins dancing queens Gabrielle Mirabella, Georgia Kate Haege and Carly Sakolove in the touring production of "Mamma Mia!" / KEVIN THOMAS GARCIA

Take a chance on 'Mamma Mia!'

Musical. The University of the Arts graduate in the touring cast is having the time of his life.

Forty years after Swedish group ABBA broke through internationally in a European song competition, the group's buoyant music and free-spirited appeal is still packing houses, thanks to the runaway smash "Mamma Mia!" The show is in town this week.

If you go

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"When people leave the theater, they're always leaving in such a good mood — 'That music was so amazing, it was so awesome,'" says Kyle Dupree, a Jersey native and University of the Arts grad who plays in Eddie in the ensemble cast. "Music that has withstood the test of time is music that makes people feel something. I think that ABBA does make them feel happy, and it takes them on a good ride."

During the band's '70s successes, ABBA was considered slight and disposable by critics. Yet their hits, including "Waterloo," "Dancing Queen" and "Take a Chance on Me" were in constant rotation during the last days of AM music radio. The band's over-the-top, glammed-up stage apparel didn't help their featherweight image, but it didn't matter to their legions of fans.

Recently, the four members of ABBA reunited to published "ABBA: The Official Photo Book," to mark the 40th anniversary of their breakthrough Eurovision win with "Waterloo." The band released their last album in 1982. There is no word on a musical reunion, but there are stirrings.

"I didn't know much about ABBA before I joined the 'Mamma Mia!' company, but now I love the music," Dupree says. "I don't get tired of [it] because it's upbeat and it's always a good tune."

"Mamma Mia!" is the story of a young bride-to-be on a search for her father, set to the songs of ABBA. The musical opened in the West End in 1999 and on Broadway in 2001. It was made into a movie in 2008 and has come to town several times.

For Dupree, playing the friend of the bride is one of the biggest of his career.

"The fact that Eddie is really laid-back and really chill — I enjoy that the most about him," Dupree says. "Nothing really gets to him. He's always in a good mood every time you see him onstage."

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DON'T GIVE POWER TO YOUR 'GIRLY THOUGHTS'

It's been more than 40 years since Helen Reddy rallied a generation of feminists with her declaration: "I am woman, hear me roar." Yet despite the enormous strides women have made in the workforce and politics, it appears that many of us are still plagued by our little kitten voices that wish we were thinner, younger and prettier. According to psychologist Dr. Patricia O'Gorman, these so-called "girly thoughts" disrupt a woman's ability to access her personal power, setting the stage for her to feel victimized by others. Such is the basis of O'Gorman's book, "Out Your Girly Thoughts and Embrace Your Strength," which comes out in April. I recently sat down with O'Gorman for a chat about her latest endeavor.

Trying to unlearn behavior can be a challenge. Recognizing "girly thoughts" when you have them is a good first step. / AMANA IMAGES

What inspired you to write the book?
Having been seeing women in therapy for many years, I wanted to create a term to help women get their heads around what they do to themselves that robs them of power. "Girly thoughts" best described all this energy that goes into how we look and how we act. It's how we respond to idealized messages about how to be a good girl — the notion of "she's pretty, she's quiet and she doesn't make anyone uncomfortable." It's something so subtle that we all do it every day without thinking about it. My goal is to raise this to a level of visibility so we can see what we are doing to ourselves. Maybe we can laugh at it, identify it as a "girly thought" and move it out of our way.

What are some examples of girly thoughts and how do they affect us?
"My husband had an affair because I'm too fat." Or, "I'm too aggressive at work and that's why nobody likes me." When I give talks, I have women telling how they were late for meetings because they had to do their hair. Men don't struggle with this kind of thinking, but it diminishes our power, confidence and skills.

How much of girly thoughts are related to appearance?
A lot, but we also have thoughts about being smart and assertive. A woman will worry about appearing too smart. A woman will wait a year longer than a man to ask for a raise because she feels like she has to prove herself. That kind of pulling back stops us from embracing our power.

Is it strange to think this is still happening so many years after women's liberation?
It's still very insidious. Women continue to be vulnerable around power — unlike men, who are vulnerable about being vulnerable.

What does resilience have to do with girly thoughts?
With women, we tend to take our resilience for granted. We don't walk around thinking we're strong and acknowledge our innate ability to cultivate relationships — which makes us naturally resilient. When we focus on girly thoughts, we don't focus on how strong we are. If you walk around thinking you have skills, you walk around with confidence rather than thinking that your hair doesn't look good.

So what you're really saying is that we are overly focused on external concerns and need to pay more attention to our internal strengths?
Yes, but it's really about finding balance. It's OK to take care of our appearance so long as we aren't being held hostage by girly thoughts that keep us in the house, shrinking from ourselves or remaining silent in a meeting. When that happens, we're losing out on what women can contribute to society.

How can men respond to women and their girly thoughts?
They can tell the women in their lives that they love and accept them for who they are.

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KIM SCHNEIDERMAN, MSW, LCSW

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Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.

The sources

Where do girly thoughts come from?

DR. O'GORMAN

They come from a number of sources — [like] from our mothers, who teach us to be safe. The media also plays a huge role, especially now with social media. We are so concerned with our image and compare ourselves to photos of women that have been Photoshopped, so we don't even see how they really look. The level of perfection and Photoshopping is oppressive to the average woman.

After one of my talks, a professional model told me she's plagued with the girly thought that she doesn't look as good as she does in pictures when she wakes up in the morning. [So] it's not just the average woman who feels disempowered, but the models themselves. We're holding ourselves back and feeling like a failure all the time.

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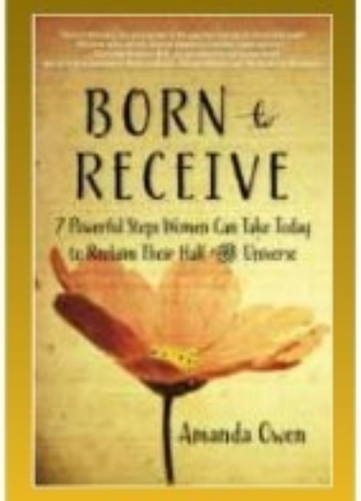
Books



More guidance

In "Born to Receive: 7 Powerful Steps Women Can Take Today to Reclaim Their Half of the Universe," Amanda Owen challenges women to get comfortable receiving life's gifts, though they may be more comfortable giving to the point of exhaustion. "Receiving is a skill that can be learned, developed and strengthened," she writes.

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The value of a diploma

Higher learning. Now more than ever, a college diploma keeps the wolf from the door.

More than in the past, entering higher education is important for a stable career. / MOODBOARD

Some Americans may question whether a college education is still a good value, but a recent study found most young college graduates see their degrees as worthwhile investments.

They have good reason to feel that way. A recent Pew Research poll found that the earnings gap between young people with and without college degrees was the widest in nearly 50 years. And people with only high school educations were far more likely to be unemployed and to live in poverty than those who had college degrees.

The Pew study, which was released last week, found that 72 percent of college graduates aged 25 to 32 said their degrees had already paid off, and 17 percent said they would in the future. Of those who borrowed money to pay for school, 86 percent said their degrees had paid off or would pay off, according to the report titled "The Rising Cost of Not Going to College."

The findings contrast with a previous Pew poll that found Americans questioning whether college was a good value. The survey, taken in 2011, found 57 percent of Americans felt college students received only a fair or poor return on their tuition fees. Yet nearly nine out of 10 of the college-educated respondents said their own degrees had proven to be good values.

Rising costs and soaring student loan debt have led some to question whether college degrees can still offer a reasonable economic return. The answer in the most recent Pew study was an overwhelming "yes."

These statistics hint at a bigger trend: Not only are the college educated doing better than previous generations, but people with only a high school diploma are doing much worse.

"People with only high school educations aren't keeping up," said economist Rick Fry, senior research associate and co-author of the study. "Their earnings have declined."

Median pay for a high school graduate fell to $28,000 in 2013 from an inflation-adjusted $31,384 in 1965. High school graduates these days make 62 percent of the typical college graduate's salary.

The decline in the value of a high school diploma is so dramatic that it nearly offsets the gains experienced by the better educated in this age group. Overall, millennials earned a median $35,000, compared with an inflation-adjusted $34,883 for early boomers in 1979 and $32,173 for Generation Xers in 1995.

Of course, not everyone who fails to get a college degree is doomed to struggle.

"There are still going to be skilled and talented people who will be able to succeed [after high school] without any further education," Fry said. "They're the exceptions." REUTERS

The numbers

Here is what the Pew researchers found:

- College graduates aged 25 to 32 who were working full-time earned $17,500 more in 2013 than their counterparts without degrees, the biggest gap in 50 years.
- Inflation-adjusted earnings rose for college graduates to $45,500 in 2013 from $38,833 in 1965.
- Full-time employment in 2013 was higher among college graduates aged 25 to 32 (89 percent) than people without degrees (82 percent), and unemployment was lower at 3.8 percent versus 12.2 percent.
- People without high school degrees are far more likely to be poor now than in the past. The poverty rate of the millennial group (16 percent) is twice that of their baby boomer predecessors in 1979.

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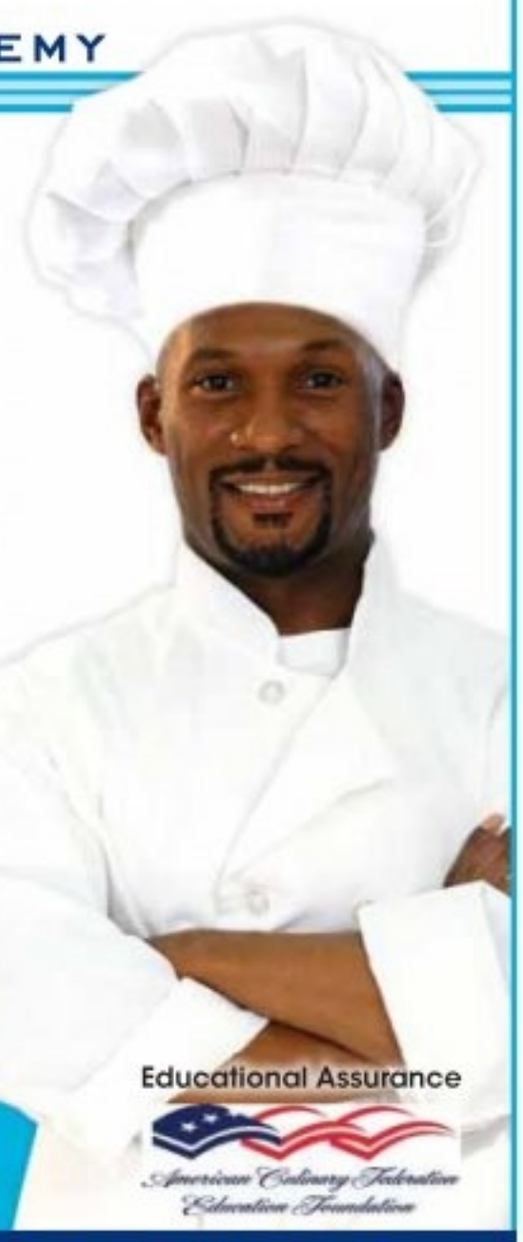

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EDUCATION TOWARDS EMPLOYMENT

Year Up comes to Philly

Helping hand. A program helps out students and fights unemployment.

Year Up is an educational program that works on multiple levels. The initiative helps train college students for professional life through specific courses, and it also bridges a gap between students and corporate internships at places like JPMorgan Chase and Wells Fargo. Peirce College in Philadelphia has joined forces with Year Up in order to enhance education and battle the city's unemployment rate.

Year Up provides an environment for young adults between the ages of 18 and 24. For one year, students are taught tools for a successful career and how to apply them. Those enrolled can earn college credits and a stipend, with qualified students placing an internship with one of Year Up's partners.

Peirce is one college that collaborates with the educational program Year Up. / PROVIDED

Diana Campbell is the executive director of Year Up Professional Training Corps Philadelphia. "We provide an opportunity for students who are disconnected," she says. "They're not in school or not working a full-time job. They're not connected to mainstream opportunities."

Uva Coles, vice president of Student Services for Peirce College, helps reach out to such students. "We work a three-pronged approach: Year Up, Peirce and an external outreach," she says. "On the Peirce end, all student services departments are plugged in and tuned in. We have students come in and we take a look to see if they fit the Year Up program."

JULIA WEST
letters@metro.us

In their own words

What are other students saying?

"I have had a great experience with Year Up . [I] have gained a strong mentor to guide me through my journey, as well as life-long friends," says 20-year-old Andre Brown. "Due to my great experience with the Year Up program at Peirce College, I plan to continue my education at Peirce and will hopefully extend my internship with JPMorgan Chase."

Leticia Thomas, 19, of Northeast Philly, says of her time there: "I plan to use everything that the Year Up program at Peirce College has taught me to become the successful young woman I know I am capable of being."

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1. Viagra Prescribing Information, Revised January 2010 2. Cialis Prescribing Information, Revised October 2011 3. Levitra Prescribing Information, Revised November 2011 4. European Society for Sexual Medicine (ESSM) Website, downloaded 11/14/12. 5. AMS 700® with MS Pump® Inflatable Penile Prosthesis Instructions for Use (IFU)

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Students get recognized on Oscar stage

Students will be fortunate enough to go backstage at this year's Oscar ceremony. / GETTY IMAGES

"Team Oscar." Aspiring filmmakers will take part in this year's Academy Awards.

On Oscar night, six collegiate aspiring filmmakers will experience the thrill of a lifetime: handing Academy Award statuettes to celebrity presenters at the podium. "Team Oscar" is the result of a challenge held on "The Ellen DeGeneres Show," where aspiring filmmakers created short videos explaining how they plan to contribute to the future of movies.

The Academy and Oscars producers selected the winners. They include Jeanpaul Isaacs, Rutgers senior from South Brunswick, N.J., journalism and media studies major; Zaineb Abdul-Nbi, University of Michigan senior from the Bronx, screen arts and culture major; and Bryson Kemp, Muhlenberg sophomore from North East, Md., music major.

Academy Award dreams for these filmmakers aren't all that far-fetched as Isaacs points out what a difference a year makes. Last year he and his mother watched the ceremony in a hotel room due to displacement from Hurricane Sandy. Isaacs recalls telling her he'll get there "someday."

"And one year later, I am going!" he proclaims. "Hopefully one day I'll go back on my own merit."

What are your film aspirations?
Isaacs: "I want to spark discourse and dialogue, stories that resonate with people to transfer what they see on screen into reality."

Abdul-Nbi: "Cinematography and blending 35mm film and the digital aspect of filming together."
Kemp: "Composing music for movies. Just picture scenes without music — it's crazy how much it adds."

Jeanpaul Isaacs / PROVIDED

Zaineb Abdul-Nbi / PROVIDED

What's your favorite movie and why?
Isaacs: "'Forrest Gump.' I was enamored by the character and his journey. Looking back now and repeatedly watching it, it's a story about the underdog and how your destiny isn't always written."
Abdul-Nbi: "'Volver' with Penelope Cruz. It's a story about women. It's always really fascinating how the narrative doesn't revolve around men."
Kemp: "'Invictus.' It's so inspiring how Nelson Mandela changed the whole country."

What's your favorite movie that didn't get recognition?
Isaacs: "'The Shawshank Redemption.' It has the best ending I've ever seen and it totally caught me off guard."
Abdul-Nbi: "'Fantastic Mr. Fox.' I'm a huge fan of Wes Anderson's work and appreciate the quality, texture and level of detail in his stop motion animation."
Kemp: "'The Way Way Back.' It has a funny and touching story with a great ending."

Quoted

"I want to spark discourse and dialogue, stories that resonate with people to transfer what they see on screen into reality." Isaacs

VICKI SALEMI
letters@metro.us

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Burn, baby, burn

Work out. Don't let the size of your dorm room keep you from fitness.

Sure, dorm rooms are small and pretty limited to sleeping, studying and lounging, but experts emphasize a practical use for that room too. Think of it as a makeshift gym where you can do crunches, stretches and lift light weights whenever you need a study break.

Michelle Goldberg, certified personal trainer and owner of Michelle Goldberg Fitness, advises students to ditch the notion of always needing to set aside several hours to go to the gym, work out, hit the shower, the works.

"There are so many ways to work out in your room in just 15 minutes," she explains. Whether it's squats, planks or jumping rope, Goldberg says they all help you burn fat and strengthen endurance, even for a few minutes.

Consistency is key; Goldberg recommends dedicating a specific time every day in your room to establish a routine. "It should become weird to not work out during that time." Her advice? Lay out your workout clothes the night before or sleep in them to work out first thing in the morning.

Phil Black, founder of FitDeck, personal trainer and former Navy SEAL, agrees. His decks of workout cards and apps with instructions are traced to his Yale days. Black and his buddies consistently worked out in their tiny room as a competitive sport.

They held push-up contests by taking a deck of cards from their poker games and challenging each other to do the same number of push-ups indicated by the card's number.

"It was fun, social, simple and you didn't have to be a big, strong person," he says.

Whether it's a deck of fitness cards, a basic jump rope or an inexpensive yoga mat, this means, of course, no more excuses. "Especially if it's raining or snowing and you can't get to the gym or it's too crowded, you can have fun working out," he says. And instead of going on a coffee run after studying, Black suggests exercising to serve as a mind break to "get the juices flowing."

Just think of all the stress relievers a fitness break provides as well. Goldberg says the big picture is key since it helps students focus and reap benefits into other areas. "When you accomplish fitness goals, this gives you inner confidence and helps you accomplish more things."

VICKI SALEMI
letters@metro.us

Space-saver fitness

Pull-up bars

Securely attach pull-up bars to your door and pull up. When you're done with this upper body workout, you can slide the equipment right under your bed.

Dumbbells

Whether you store them in your desk, the corner of your closet or under bunk beds, these unobtrusive weights can pack a punch.

Jump ropes

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Job searching in the digital age

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Improving your Web presence will help your job search. /COLOURBOX

When Google, LinkedIn, Twitter and Facebook make your digital footprints visible to recruiters and selection committees, you can assume your online presence is being searched, creeped and crawled on a regular basis.

It sounds creepy, but those digital traces that we leave behind in social status updates, Instagram photo shares, blog comments, Amazon.com and eBay reviews are easy for someone to recover with a little digital sleuthing.

Altogether this "small data" cumulates in a rather random online story about you — but is it accurate?

To tell a different story about yourself, one more relevant than that which Google's algorithm compiles, you'll need to be proactive. Consider taking the following steps to add a new and more meaningful, useful and current story about yourself for recruiters, event planners, headhunters, advisory boards, talent scouts or award committees to discover:

Write a different story

Launch that blog you've always thought about. Don't know how to write code? Blogger (free and owned by Google), Tumblr and Wordpress (also both free) make it easy with professional design templates, tech support walk-throughs and huge communities of users to turn to for advice and inspiration. Use your blog as a platform, mixing professional and personal (but always work-safe) content to tell a story about your lifestyle, work style and values — including the importance of work-life balance.

Think visual

Show, don't tell

Communicate your story visually. The truism that great images speak a thousand words has never been more relevant than today, with the rise of Instagram, Pinterest and Vine. The social Web loves photos. Take advantage of that by visually documenting your personal style, your city, professional accomplishments, volunteering and community engagement. Spread a little joy with awesome images, and in the process you'll engage and inspire others with a story of how you see the world.

Make it personal

Purchase your vanity domain. In fact, purchase all of them. Protect your good name by grabbing your .com, then pick up your .ca, .net, even your .guru (yes, this is available soon). Name often misspelled? Purchase that one too. Have a super popular name and someone else has already registered it? No problem. Consider branding yourself with a signature (even trademarked) title (e.g., LindaLifeCoaching, DesignByDave, FredFixIt), your city (MikeWardTO), a professional suffix (DrTim, ProfessoryGary) or certification (JimChenCFA). Looking for a graduation present for someone in your family? Gift them their domain names.

There's one more reason to flex your digital creativity and mark your territory online. Taking charge and telling your story, documenting your special projects and passions, illustrating your goals and aspirations — these are all a total confidence boost. Actively maintain your online presence and the bonus is you'll be reminded of just how far you've traveled on your personal career journey.

Fully employed or not, and especially if you work in a field currently experiencing a skilled labor shortage or skills gap, you just may be the passive "star talent" candidate a recruiter is searching high and low for today online. As employers follow your digital footprints — and they will — be sure you're one step ahead with an online story you're proud of.

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Horoscope

♓ Pisces | Feb. 19-March 20. To attain your goals, you will require the support of your colleagues and family. Your peers are eager for you to succeed.

♈ Aries | March 21-April 20. It's not the day to share details with others. Focus your energy on your own projects, and you will come out ahead.

♉ Taurus | April 21-May 21. Not everyone will honor a promise. The information you are given is likely to be false. Save yourself embarrassment by forming conclusions based on facts.

♊ Gemini | May 22-June 20. You have a great deal of creativity, and you should use it to your advantage. Your insight and intuition could lead to a new moneymaking opportunity.

♋ Cancer | June 21-July 22. Your personal life is in need of a makeover. The time is right to re-evaluate your goals and form a strategy to succeed.

♌ Leo | July 23-Aug. 22. There is a certain cause that you care deeply about. Make an obligation to put yourself in the forefront and participate with vigor.

♍ Virgo | Aug. 23-Sept. 22. Romance is in the air. Remind your loved one of your devotion. An outing will stimulate your senses.

♎ Libra | Sept. 23-Oct. 22. Your ego may be feeling bruised by some recent tension at home. Don't dwell on the negative influences around you. Reaffirm your self-confidence with a new hobby.

♏ Scorpio | Oct. 23-Nov. 21. Keep yourself occupied today. Get together with some close friends or trusted relatives for some stimulating conversations.

♐ Sagittarius | Nov. 22-Dec. 21. You will unintentionally hurt some feelings if you act in haste today. Spend your time studying up on your interests.

♑ Capricorn | Dec. 22-Jan 20. Shake your lethargic attitude by doing something physical. It will not only engage your muscles but will also help your imagination.

♒ Aquarius | Jan. 21-Feb 18. Devote your time to building up your self-confidence. Those around you will be pleasantly surprised by your versatility and ingenuity. BERNICE BEDE OSOL

Sudoku: Easy and hard

5	1		6					4
		6	9				2	
	9			1		3		
		8					4	6
		1	4		6	8		
9	6					7		
		5		9			1	
	2				8	6		
3					2		5	9

			6				4	7
2		8			3	5		
				7	1	2		
					2	4		1
	5		4		7		6	
4		1	3					
		7	2	5				
		6	1			7		9
3	9				6			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Earth is always in flux

Re: 'Long-term data tell different story on climate change' (Metro, Feb. 21-23) I would like to point out that our average temperature today is built upon daily temperature readings taken since 1865.

During any given period since that time, average temperatures will rise and fall. It's averaging these numbers that allow us to arrive at the "norm."

Now, just because the winter of 2013 was a very warm doesn't mean that temperatures will continue to rise just as because the winter of 2014 has been brutally cold doesn't mean that temperatures will continue to fall. It simply means that temperatures fluctuate and that fluctuations are themselves the norm.

Further, while I don't necessarily disagree that temperatures are rising globally, I do disagree with it's supposed cause and also with its supposed effects.

For example: Recently a ship in Antarctica studying global warming was trapped in the ice and had to be saved by ice-breaking ships. This, and the fact that the Arctic ice is growing, disproves scientific predictions from eight years ago that "in five years the polar ice caps will be gone."

During the age of the dinosaurs, the mean temperature was much warmer than today and during the "Little Ice Age" (1550-1850) the mean temperature was much cooler.

During the former, humans weren't even on the planet — and during the latter, humans were essentially pre-industrial and therefore could not affect global temperature.

T. OWENS, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across

1 Consumer org.
4 Was able to
9 Built like a — truck
13 Way out
14 "I do" location
15 Mine, in Paris (2 wds.)
16 Baseball family name
17 Camel kin
18 Gambling town
19 Big ape
21 Shade providers
23 March composer
25 "Where the Wild Things Are" author
26 Trees with catkins
29 Place for a pilot
31 Ascertain
32 — En-lai
33 Jingle
37 Trim the grass
38 "Me" types
41 Email server
42 Sothern and Miller
44 Queen beaters
45 Lake near Carson City
47 Small combos
49 Hair color
50 Pallas —
53 "The Velvet Fog"
55 Wants badly
57 Dangerous current
61 Muslim mystic
62 Minute amounts
64 Shadow
65 Runner — Zatopek
66 Please greatly
67 Omelet base
68 Nave neighbor
69 Dwarfs' count
70 Two, in Tijuana

Down

1 String tie
2 Oafish one
3 Tough guy
4 Pumice stone target
5 Clay pots
6 Ms. Hagen
7 Tibetan monk
8 Extends (2 wds.)
9 Leathernecks
10 Improve upon
11 Chain dance
12 Mall stand
13 Mr. Hammarskjold
20 Ben on "Bonanza"
22 Ore. neighbor
24 Most gray-faced
26 Mme. Gluck
27 Author — Uris
28 Early morning
30 Throw
32 Chanel of perfumes
34 Waikiki's island
35 Koh-i- — diamond
36 Hidden valley
39 Merrymaking
40 Baffle
43 Germ-free
46 Helped a crook
48 ER staffers
49 Cropped up
50 On the briny (2 wds.)
51 Drum
52 Platter players (hyph.)
54 Hold the floor
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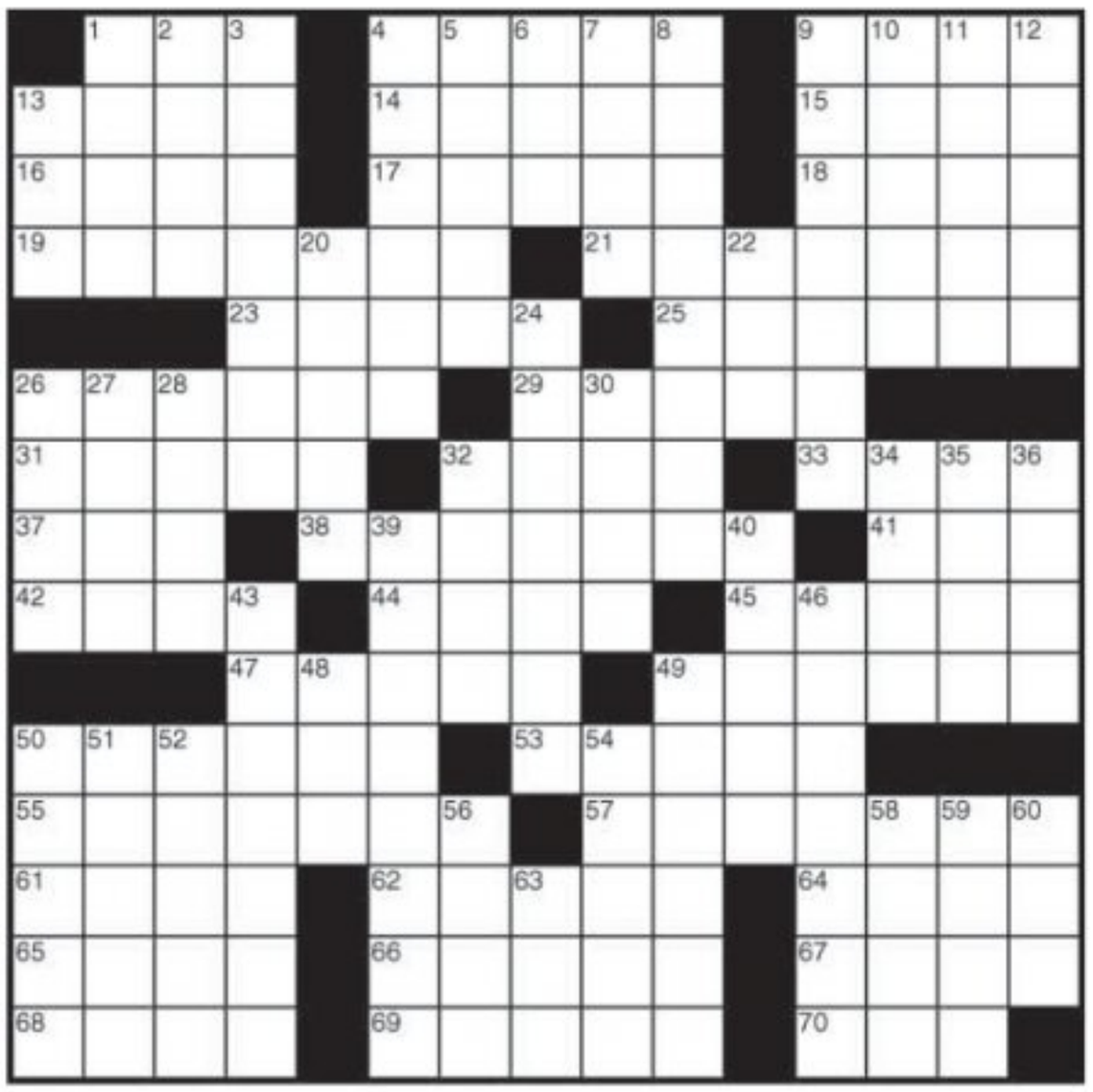
Weekend's answer



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3 SPORTS

No. 10

Brown's power

Brown has been a lightning rod for Phillies fans. Either the faithful believes in the lean, lanky outfielder or wants to dump him. The latter is ridiculous. Brown is a rare commodity for the Phillies. He's a young, controllable player who makes the minimum and has produced. Brown belted 23 homers and knocked in 67 runs by the All-Star Break. Sure, the team's lone All-Star, save Cliff Lee, is an enigma in the outfield — but Brown has actually improved defensively, despite some gaffes last season. He also has a cannon for an arm.

10 Phillies spring stories to watch

Much has to go right for the Phillies to contend in 2014. There are many issues for a team that finished with a moribund 73-loss season. New skipper Ryne Sandberg hopes that the Phillies find the mythical fountain of youth in Florida.

There are an array of plots and subplots in Clearwater. It should be a compelling spring for a team that could go either way this year.

The Phillies have a bunch of players, who have esteemed résumés. But the core of their roster is old, fragile and expensive. Does the team have one more run in them? There are a number of questions shrouding the Phillies as they get in shape under the Florida sun.

ED CONDRAN
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10 The bullpen

Somehow the Phillies bullpen went from bad in 2012 to atrocious in 2013. There was an understandable crisis of confidence when it came to the set-up men. Cliff Lee and Cole Hamels could pitch seven innings, but the Phillies had a hard time holding the lead in the eighth.

Mike Adams / GETTY IMAGES

Mike Adams' injury and ineffectiveness was devastating for the Phillies. Will Adams, who was the best eighth inning arm in baseball prior to joining the Phillies, return to form? Adams could come back and Jake Diekman could develop into an unhittable force. Antonio Bastardo could also provide punch. Ethan Martin is a wildcard. And then there is Jonathan Papelbon. Does he have enough in the tank for a decent season or is he nearing the end of the line? The bullpen is the most volatile part of the team.

9 The starters

The staff is very good after the addition of A.J. Burnett and the subtraction of Roy Halladay, who was clearly finished last season. If Cliff Lee and Cole Hamels can remain healthy for the entire season, the odds are that the lefty tandem will be successful.

And then there is the enigmatic Kyle Kendrick, who was at times very good and then very bad last season in the fourth spot and the battle for the fifth slot between Roberto Hernandez and Miguel Alfredo Gonzalez.

8 Will Howard stay healthy?

The Phillies season begins and ends with The Big Piece. If Ryan Howard can approximate what he achieved during his prime, then the Phillies are in business. If the historic run producer, who has three 140-plus RBI seasons on his résumé, can match Freddie Freeman's 2013 numbers (23 homers, 109 RBIs), there is hope.

RYAN HOWARD

Those who say Howard can't simply fail to look at the numbers and possibilities: In 2012, No. 6 drove in 56 runs in 71 games on one healthy leg. Howard has averaged a ridiculous 132 RBIs over a 162-game span.

If Howard's lower body can survive the rigors of a full campaign, and if he can ever get ahead in the count, then it could be a very interesting summer.

7 Production from catchers

Some fans scratched their head at the Phillies deal with aging Carlos Ruiz, who has a lot of mileage on his odometer. Ruben Amaro did the right thing signing Ruiz, since there was simply no other viable option on the free agent market or in the farm system.

We all know what Chooch can do, and he provides comfort to the Phillies hurlers. But will Ruiz remain healthy and does he still have pop in his bat? Wil Nieves should be a solid backup.

MARLON BYRD

6 Will Byrd be the word?

Can Marlon Byrd follow up his better-late-than-never breakout season in 2013 with the Pirates with strong numbers for the Phillies?

5 Can Rollins turn it around?

Jimmy Rollins fell off an offensive cliff last season. The long-of-tooth shortstop lost pop last season and is in jeopardy of being dropped in the order. Can he somehow morph as a player and improve a terrible OBP?

It'll be curious if Rollins can alter his approach or find himself during the spring offensively. However, it's fairly certain that Rollins will remain an elite shortstop. Rollins still has a gun and very good range. Sandberg should be what Rollins needs at this point, a manager who will push Rollins and not put up with anyone who gives less than 100 percent every time out.

JIMMY ROLLINS HAS NOT LOOKED LIKE THE 2007 MVP FOR QUITE SOME TIME.

ALL PHOTOS GETTY IMAGES

4 Will Asche assert himself?

We all know Cody Asche has an exceptional glove and range at the hot corner. However, is his bat potent enough to play every night?

Asche enters camp with third base as his job to lose. Asche, who zoomed through the Phillies farm system, showed flashes that he's a starting major leaguer late last season. Perhaps he wilted at the end of 2013 since he hit a wall.

The Phillies need improved offensive production in order to compete for a playoff berth. They need Asche to hit and get on base.

3 Will Revere lock lead-off spot?

Ben Revere is one of the great questions for the Phillies. He arrived in Philly with a lot of hype.

"He's going to be a tremendous centerfielder for the Phillies," MLB analyst Mitch Williams said.

However, Revere ran curious routes to balls and was an offensive bust during his first two months in red pinstripes. He became a force at the top of the order from early June until he broke his ankle at the All-Star break, hitting the ball hard, working the count and stealing bases.

2 Clubhouse dynamics

Cole Hamels told Philadelphia Magazine that there were less high fives during games last season. Winning can be a tonic. If the Phillies can get off to a good start, it wouldn't be surprising if the high fives returned. Sandberg, who has a host of rules, will set the tone. If the team is healthy and busts it, expect the Phillies domicile to be a good place to be.

Phillies pitchers have a lot to prove, earn in Clearwater

Spring training. Jockeying for pitching spots and roles will occur as Grapefruit games begin Wednesday.

There are no mysteries in this TMZ world, except Miguel Alfredo Gonzalez. Few have seen MAG throw prior to camp.

The former Cuban star has such an electric right arm that the Phillies reportedly offered him a $48 million deal last summer before elbow issues surfaced.

All eyes will be on Gonzalez when he takes the mound for Grapefruit league games.

Does he have the stuff to join the starting rotation? Will his career commence in the bullpen? Or will MAG, who has a three-year $12 million deal, hone his skills in Lehigh Valley?

Jake Diekman is a Phillies hurler who knows where he will be in 2014. It's just a question of how good he can be as a flame-throwing bullpen arm.

"I think Diekman could become one of the best relievers in the game as early as 2014," MLB analyst Mitch Williams said last season.

It could happen. Diekman is a lefty with an odd arm angle and a 97 mph fastball. His stuff is electric.

If he can develop better command, he could become an elite reliever. Last season he dominated left-handed batters. It'll be interesting to see if he can take it to another level this year.

At the tail end of the pen, Phillies closer Jonathan Papelbon doesn't have the fastball he once possessed. Can the expensive and apparently untradeable Papelbon still be a top closer?

Also, can Papelbon hold his tongue? When the wheels fell off the Phillies bus last July, the loose cannon tossed his team under it by stating that he didn't come to Philly to lose.

Last week he said that if he were a betting man, he would drop some cash on the Phillies to win it all.

Who does Pete Rose have his money on this season?

ED CONDRAN
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By the numbers
7
Number of saves blown by Phillies closer Jonathan Papelbon in 2013
29
Papelbon posted the fewest saves in his entire career last season. In his previous seven campaigns, he averaged just under 37 per year.
4.30
Number of walks per nine innings allowed by the Phillies' bullpen in 2013, the worst rate in the majors
4.19
Bullpen ERA for the Phillies last season, the second-worst mark in the National League, just behind the Colorado Rockies
.271
Opponent's batting average for the Phillies' starting pitching staff last season. Once again, this put the Phillies second to last in the National League, behind the Rockies.
Phillies
If the Phillies hope to have a solid bullpen, Jonathan Papelbon will need to resemble his old self as the Philadelphia closer. / GETTY IMAGES

Starters to watch

Hamels, Biddle under pressure

Phillies ace Cole Hamels has to have a tremendous season for the Phillies to contend.

He's behind the rest of the staff after suffering from bicep tendinitis and won't be ready for the regular season. Hamels will be under the microscope. Will Hamels bounce back and be the Phillies stopper?

Not in contention for a spot but also important to keep an eye on during spring training is the pride of Germantown Friends, Jessie Biddle.

Biddle, who will start the season in Triple-A, is a curiosity. Will he remind fans of Cole Hamels in 2004, when King Cole fanned the Yankees Derek Jeter, Alex Rodriguez and Tony Clark in one inning? Biddle has so much potential. What will he show fans in March?

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Prospects look to make names for themselves

Spring training. Young offensive talent will eat innings during games in Clearwater.

Tommy Joseph / GETTY IMAGES

What happens when the starters get their two at-bats and leave the game? That's when the Phillies' top prospects try to make a statement.

It's doubtful that Maikel Franco will unseat Cody Asche as the Phillies' starting third baseman by opening day.

The odds are that Franco will start the season in Triple-A. However, he's going to get a look by everybody. Franco, 21, has everything but speed. He hits for power and average, and he plays a very good third base. The one thing he lacks is experience. He has moved up the ranks rapidly. Franco will be a fascinating figure to watch in Clearwater.

Tommy Joseph, who the Phillies acquired two seasons ago in a deal with the Giants for Hunter Pence, hit well and was very good behind the plate last year in the minors. Roy Halladay complimented the then-21-year-old for his poise after he caught Doc.

But then Joseph, who appeared to have a shot at a catching gig with the Phillies in 2014, suffered a concussion and found himself compromised.

Now he's back in camp sporting the tools of ignorance. He has potential to be a future Phillies backstop, but another head injury could require a change of position.

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Veteran bats get ready

Utley, Howard anchor Phillies offense

At this time last year, Chase Utley was up there with Roy Halladay as the most scrutinized Phillie.

Fans wondered if Utley's knees could hold up. They did.

Even though Utley was out for a month due to a strained oblique, the greatest second baseman in franchise history had a very good year. His peformance earned him a lucrative extension, but all eyes will be on him to see if his body will hold up for another season.

And then there is Ryan Howard. It can't be overstated: Howard is the most significant player on the Phillies roster.

Scribes and fans will not be running to the restroom when Howard steps to the plate. Sandberg has the tough decision of how often to play the trimmer, yet more muscular slugger.

For some reason Charlie Manuel started Howard in all but two Grapefruit League games last year. Less will be more for Howard this spring.

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Having sound fundamentals played a big part in Ryne Sandberg's Hall of Fame career. / GETTY IMAGES

Sandberg stresses basic skills

Spring training. In his first spring as Phillies' skipper, Ryne Sandberg stresses the fundamentals.

Since 2005, there has been stability, routine and Virginia charm at Phillies spring training camp.

But for the first time in nine seasons, easy-going Charlie Manuel is gone and there is a new field general at Bright House Field. Ryne Sandberg intends to get every sliver of potential out of his veteran and aging squad heading into 2014.

His first priority is getting the entire team in the same frame of mind.

"I wanted to get everybody on the same page as far as expectations, my philosophies on things and my definitions on things," Sandberg said last week on his first day at camp. "Respecting the game was one of the topics. I laid things out there so there [are] no misunderstandings. I was excited to see everybody and actually get started with the process of molding the guys together as a unit."

Sandberg had a Hall of Fame career with the Chicago Cubs and won a league MVP award in 1984. He was drafted by the Phillies in 1978 but got traded after just six plate appearances.

EVAN MACY
evan.macy@metro.us

Rough road for Ruf

Byrd signing relegates Ruf to bench spot

Marlon Byrd's signing means the Phillies don't believe Darin Ruf is a major league starting outfielder — at least, not yet.

Ruf has power, but he doesn't hit left-handers well (.197 average) and there are questions about his fielding.

Ruf was terrible in the corners in Clearwater last year.

Balls rolled through his legs and he ran bad routes, but he was learning the position. His bat and glove will be analyzed and he will battle hard to turn spring training at-bats into big league ones. ED CONDRAN

Hamels to throw

Hamels plans to throw bullpen session Tuesday

Cole Hamels seems to be exactly one week behind everyone else in spring training.

After arriving at camp with a bicep injury, the left-handed ace will throw for the first time Tuesday in a bullpen session, something the other starters did over a week ago.

Hamels says he hopes to throw the equivalent of two or three innings and will decide how comfortable he feels from there.

Hamels has been lifting since last week and has been playing long toss and catch with other players in camp. METRO

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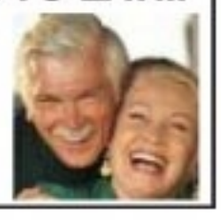

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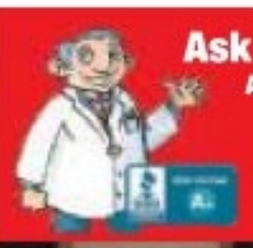
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NHL. Flyers' Timonen comes back to Philly with Olympic bronze

The Flyers won't be back on the ice until Thursday, when they host the San Jose Sharks.

But while the majority of the roster continues to rest and prep for the stretch run, Flyers defenseman Kimmo Timonen can show off his shiny bronze medal.

The Finn was a member of the squad that shut down Team USA, 5-0, Saturday in the battle for third place.

Timonen and the Flyers have had a pretty good record historically following an Olympic break.

Four years ago, following the Vancouver games, the Flyers advanced all the way to the Stanley Cup finals where they fell to the Chicago Blackhawks in six games.

In the two Olympics prior, they made the Eastern Conference playoffs, losing in the first round both times. EVAN MACY

Flyers abroad

Here's how the five Flyers' Olympians fared in Sochi:

- Kimmo Timonen now has three bronze medals and a silver with Finland.
- Mark Streit's Switzerland went 1-3, falling to Latvia in the first elimination round.
- Andrej Meszaros and Slovakia went 0-4.
- Mike Raffl scored the winning goal against Norway.
- Jakub Voracek netted the game-winning goal against Latvia, but the Czechs were ousted by Team USA.

Flyers and Finland defenseman Kimmo Timonen receives his fourth Olympic medal, and third bronze. / GETTY IMAGES

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Participation in this study involves:
- One 60-75 minute testing session in our research lab.
- Testing is non-invasive and requires you to stand in your natural relaxed posture and perform simple arm motions with small plastic sensors taped to your back, shoulders, and arms.

We are looking for individuals who currently have shoulder pain and individuals who do not have shoulder pain.

To be considered for the study, potential participants:

Who currently have shoulder pain must:
- Be between 18 and 65 years of age.
- Have limited use (work, recreation) of their arm because of their shoulder pain.
- Have not had surgery to their shoulder.

Who do not have shoulder pain must:
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For more information, call **267-603-1403** or email shoulder.research@drexel.edu

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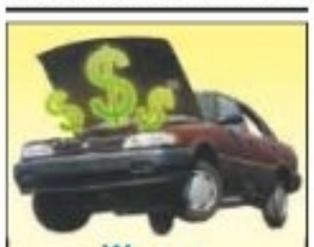

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To obtain a copy of the RFPs visit www.intelafunds.net and go to "Bid Opportunities" or you may find RFP copies on the schools website at www.dvchs.net. Questions regarding this request can be sent to Remy Biboud at remy@intelagentresources.com or by calling 412-231-1515.

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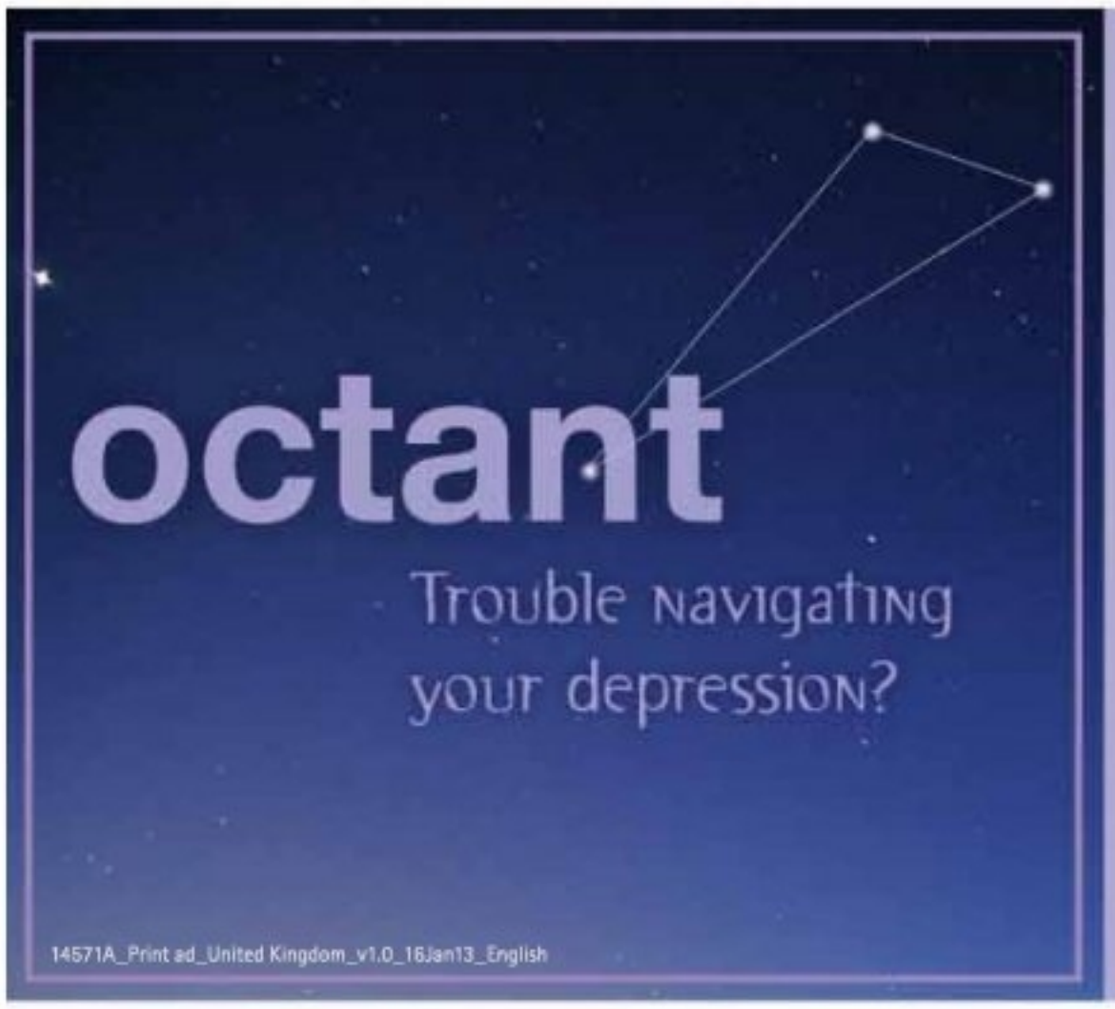

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COMPASS

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